



Exclusive Wellness Retreats

In the relentless hustle of daily life, carving out some time for yourself has become a luxury. How can you slow down in a fast-paced world? Taking time to breathe, meditate, look after our bodies and be conscious of what we eat are fulfilling practices...whose virtues often go unnoticed! Why not take the leap? Starting in July 2024, Royal Palm Beachcomber Luxury invites you to give yourself a break and take the time for what matters the most: you.

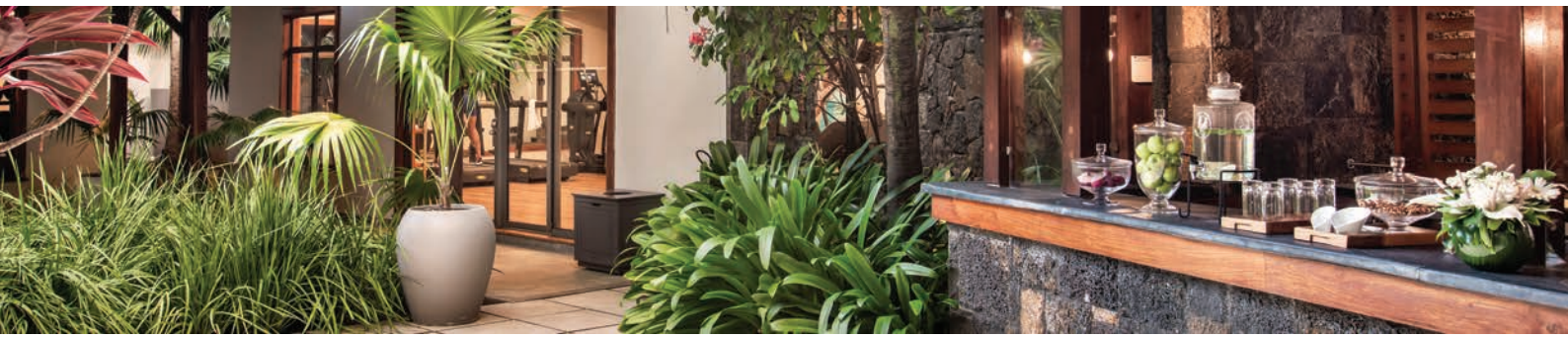
Six wellness retreats at Royal Palm Beachcomber Luxury

Well-being lies at the heart of Royal Palm Beachcomber Luxury's philosophy. To embark on a journey of holistic transformation and elevate your well-being to new heights, we offer 6 curated wellness retreats carefully crafted by exclusive experts: **Meditation and Energy, Silhouette and Pilates, Muscle Toning, Sleep Sanctuary, Timeless Beauty and Detox and Wellbeing.**

Partnering with renowned French micro-nutritionist Valérie Espinasse and our Executive Chef, William Girard, we have crafted a culinary experience that goes beyond ordinary dining. Indulge in a bespoke diet plan designed for lasting effects featuring:

- detoxifying post-workout juices
- therapeutic herbal infusions and
- personalised food supplements formulated through Valérie Espinasse's method





**Meet an exclusive
lineup of
international experts
throughout the year**



• Joëlle Bildstein
(December 2 to 7, 2024)

Founder of The Belly Lab method, Joëlle Bildstein advocates a gentle yet effective approach through her holistic programme focused on the abdomen, the transverse and the perineum, in order to tone the stomach in depth and strengthen self-confidence. Her method, which is based on hypopressive gymnastics, encourages individuals to care for themselves and develop a healthier relationship with their physical selves — an important step towards a more peaceful life.



• Valérie Espinasse
(July 29 to August 3, 2024)

Valérie Espinasse is a renowned micronutrition specialist whose proven approach spans over 20 years. She has developed a natural method to effectively address food intolerances. Offering a comprehensive and personalised treatment through specialised diet plans, her programmes incorporate trace elements, vitamins, fatty acids, antioxidants, and therapeutic herbal remedies.

Her holistic health approach follows a precise and rigorous protocol, 100% customised for each client. From the initial evaluation (digestive, hormonal, emotional, dietary habits, etc.) to the tailored guidance through a specific micronutrition plan, she supports clients with chronic and autoimmune conditions as well as those trying to conceive.



• Rosario Belmonte
(October 7 to 12, 2024)

Rosario Belmonte, a masseur and healer from Sicily, trained in India, Mexico and Bali, travelling the world to serve an international clientele. He uses breathing as a tool for self-exploration, healing and personal growth. His method revolves around somatic breathing — using conscious and deep breathing techniques to access physical, emotional, and energetic states and to explore the signals the body sends.



• Devesh Bhargav & Dalysa Doorga
(August 5 to October 4, 2024)

After dedicating three years to intense meditation at Agyat Vash, Devesh Bhargav, Indian Master Yog, travelled the world to conduct workshops and retreats and share his wisdom. He uses a pedagogical approach that encourages students to delve deeper into self-discovery, guiding each person with passion on their spiritual journey.

Dalysa Doorga is a Mauritian yoga expert. She transitioned to yoga after working in the fitness industry for over 15 years, seeking deeper meaning in life. After completing two training courses in India — one with 200 hours to become a certified yoga teacher, and another with 300 hours focused on Kundalini Tantra yoga — she now teaches Hatha Vinyasa, Ashtanga yoga, and Kundalini Tantra.



Sneak peek of the retreats

MEDITATION & ENERGY

The Programme | 5 days

A transformative journey towards your inner peace. Blending ancient wisdom with modern well-being, this holistic programme is inspired by Ayurveda, Reiki and various relaxing massages to promote balance and inner peace. In addition to enhancing vitality and awareness, a number of workshops help stimulate blood circulation, clear accumulated toxins, relieve tension and provide profound peace of mind to stressed-out souls.

Day 1: Balancing Your Chakras

- Chakra meditation (1hr)
- Ayurvedic body scrub & Four-handed Abhyanga (1hr30)

Day 2: Sense of Serenity

- Shirodhara (30 min)
- Indian head massage (30 min)

Day 3: Positive Healing

- Reiki (1hr30)

Day 4: Deep Relaxation

- Yoga Nidra (1hr)
- Four-handed Abhyanga (1hr)

Day 5: Mindful Renewal

- Mindfulness meditation (1hr)
- Reiki (1hr30)
- Restorative yoga (1hr)

€ 295 per person, per day for a 5-day programme, is applied on top of the accommodation rate.

SILHOUETTE & PILATES

The Programme | 6 days

This six-day retreat offers a profoundly transformative fitness journey, aiming to relieve tension and unlock your body's full potential. The Pilates programme, complemented by rejuvenating treatments, has been meticulously crafted by our wellness experts to sculpt both body and soul. It combines the benefits of Pilates for muscle toning with targeted wellness enhancement treatments and therapies.

Day 1: Pilates Foundation & Massage

- Mat Pilates (1hr)
- Tropical body scrub (1hr)

Day 2: Lymphatic Detox

- Lymphatic drainage massage (1hr)
- Chair Pilates (1hr)

Day 3: Body Sculpting & Massage

- Cadillac Pilates (1hr)
- Sports massage (1hr)

Day 4: Fusion Pilates

- Fusion Pilates (1hr)
- Energy of the Glaciers Valmont treatment (1hr)

Day 5: Exfoliation

- Slimming scrub (15 min)
- Peaks of Slimness (1hr)

Day 6: Mindful Pilates

- Flow Pilates (1hr)
- Lymphatic drainage massage (1hr)

€ 300 per person, per day for a 6-day programme, is applied on top of the accommodation rate.

MUSCLE TONING

The Programme | 7 days

This week-long programme integrates personalised training, energetic nutrition and massage therapy to enhance fitness, promote well-being and induce relaxation. Ideal for toning and sculpting the body, while enhancing your mental well-being, this expertly-designed retreat caters for individuals seeking a better life balance and those looking to adopt a new fitness routine.

Day 1: Fitness Testing

- Assessment (30 min)
- Personalised training session (1hr)
- Body scrub and Lymphatic drainage massage (1hr)

Day 2: Strength Training

- Personalised training session (1hr)
- Thai Yoga massage (without oil) (1hr)

Day 3: Cardio Blast

- Personalised training session (1hr)
- Sports massage (1hr)

Day 4: Relaxation & Recovery

- Stretching (45 min)
- Hatha Yoga (1hr)
- Sports massage (1hr)

Day 5: Massage Therapy

- Personalised training session (1hr)
- Hammam (20 min)
- Swedish massage (1hr)

Day 6: Flexibility & Balance

- Personalised training session (1hr)
- Sports massage (1hr)

Day 7: Celebration & Reflection

- Hammam (20 min)
- Body scrub (30 min)
- Lymphatic drainage (1hr)

€ 240 per person, per day for a 7-day programme, is applied on top of the accommodation rate.



SLEEP SANCTUARY

The Programme | 6 days

Designed to nurture both body and soul, this six-day sleep retreat provides a complete immersion into a world of serenity, facilitating deep relaxation and stress reduction. Restorative treatments and techniques are employed to assist in finding inner healing and inducing a state of relaxation.

Day 1: Peaceful Arrival

- Yoga Nidra (1hr)
- Aromatic Vichy shower (30 min)

Day 2: Tension Relief

- Anti-stress massage (1hr30)
- Sleep Cocoon (30 min)

Day 3: Head Relaxation

- Shirodhara (30 min)
- Indian Head massage (30 min)

Day 4: Energy Balance

- Reiki (1hr30)
- Sleep Cocoon (30 min)

Day 5: Mindfulness Meditation

- Mindfulness Meditation (1hr)
- Aromatic Vichy shower (30 min)

Day 6: Peaceful Departure

- Anti-stress massage (1hr30)
- Hydration of the Bisses Valmont treatment (1hr)

€ 320 per person, per day for a 5-day programme, is applied on top of the accommodation rate.

TIMELESS BEAUTY

The Programme | 5 days

In just five days, this rejuvenating beauty retreat brings about a remarkable change in your physical and mental well-being. The revitalising treatments provided by Royal Palm's expert therapists and restorative workshops unlock the body's full potential, counteract stress and have a deeply purifying effect, revealing the natural radiance of your skin while enhancing your inner beauty.

Day 1: Fitness & Vitality

- Personalised training session (1hr)
- Valmont Treatment Lift from the Peaks (1hr)

Day 2: Strength & Balance

- Pilates session (1hr)
- Body scrub (1hr30)

Day 3: Timeless Elegance

- Vinyasa Yoga (1hr)
- Royal Valmont treatment (1hr20)

Day 4: Renewed Spirit

- Stretching (45 min)
- Valmont treatment Reflections on a Frozen Lake (45 min)

Day 5: Ultimate Rejuvenation

- Valmont treatment L'Elixir des Glaciers (1hr30)

€ 320 per person, per day for a 5-day programme, is applied on top of the accommodation rate.

DETOX & WELLBEING

The Programme | 6 days

Indulge in a bespoke wellness experience with our detox offer, which is an escape for your mind, body and spirit. Designed to help you achieve your wellbeing goal, we propose an exclusive detox programme consisting of carefully chosen treatments and activities, with equal focus on your nutrition to complete your journey. Get ready to embark on a retreat full of sensory experiences that will leave you detoxified, invigorated and relaxed.

Day 1:

- Slimming exfoliation - Valmont body treatment (15 mins)
- Peaks of Slimness - Valmont body treatment (1hr)
- Personal yoga session (1hr)

Day 2:

- Drainage body massages (1hr)
- Personal training session (1hr)

Day 3:

- Peaks of Slimness - Valmont body treatment (1hr)
- Personal yoga session (1hr)

Day 4:

- Drainage body massages (1hr)
- Personal training session (1hr)

Day 5:

- Peaks of Slimness - Valmont body treatment (1hr)
- Personal yoga session (1hr)

Day 6

- Royal Valmont - Valmont Face and Body Plenitude Ritual (1hr20)
- Personal training session (1hr)

€ 230 per person, per day for a 6-day programme, is applied on top of the accommodation rate.





Royal Palm Beachcomber Luxury, a legendary hotel

The iconic Royal Palm Beachcomber Luxury is set along a strip of pristine white sand on the north coast of Mauritius. This revered property holds the distinction of being the first in the country to join The Leading Hotels of the World, with a commitment to hospitality excellence at its core. Here, no request goes unheard. Our attentive and discreet Artisans meticulously cater to your every desire, be it beneath a beach hut, by the pool, or on the terrace of your suite. Every detail is carefully curated to ensure your utmost satisfaction.



From its spa and signature treatments, to its masterfully designed wine cellar, warm and inviting suites, fine gastronomy served across its three restaurants, and the caring discretion of its Artisans; each stay promises a powerful experience for the senses, tinged with elegance. Time takes on a whole new dimension at this legendary resort and leaves an indelible mark in guests' hearts, inviting them to let go completely and embrace living in the present moment, guided by their desires.

